

### Task 1

- In the following article about technology addiction, seven headings have been removed.
- Your task is to write the letters of the headings (A-I) next to the appropriate numbers (1-6).
- There are two extra headings that you do not need.
- Write the letters in the white boxes as in the example (0).



SIX SIGNS YOU MAY HAVE A TECHNOLOGY ADDICTION

9)

As with anything pleasurable that we experience in life (such as eating chocolate or drinking coffee), the brain releases dopamine, the feel-good hormone. Technology use can be addictive: we might see a funny photo on Instagram or achieve a level on a video game, and we simply want more. Here are six signs that you may be consuming too much technology.

1)

There is no specific number of hours that is 'safe' for teenagers to use technology. However, they need a balance of experiences in their lives and their leisure time should not be dominated by digital devices.

2)

The use of a smartphone while waiting for a bus, doing some fact checking for a school assignment, or even checking your social media sites is not harmful. However, if you cannot sit still anywhere without using a gadget, it may indicate that you have a technology addiction.

3)

Can you sustain friendships away from screens? If you would rather chat online than play or talk in person, it might be cause for concern.

Many teenagers stay up late playing games or wake early to complete a game. If the sentence “I just need to finish off this level and then I’ll switch it off” sounds familiar, you might want to consider limiting your screen time.

Don't worry, teenagers need to switch off – it is a healthy part of brain development. In today's society we are constantly entertained or engaged, however, we need to be aware of the fact that boredom and 'quietness' are beneficial for us.

If traditional activities that you were once keen on have been overtaken by digital devices and games, you might consider switching the devices off.

**A)** Do you spend vast amounts of time engaged with technology?

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**B)** Do you often feel that you are ‘bored’ when not using digital devices?

1)		
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**C)** *Are we “addicted” to technology?*<sup>2</sup>

2)		
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**D)** When you need help, do you turn to online advice pages instead of people they know?

3)		
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**E)** Do you withdraw from face-to-face social situations in preference for using digital devices?

4)		
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**F)** Do you tend to withdraw from activities you previously enjoyed?

5)		
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**G)** Do you feel you are constantly preoccupied with technology?

6)		
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**H)** Do you have trouble making a difference between what you experienced online and what happened to you in real life?

6 pont	
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**I)** Do you tend to get less than enough sleep?

6 pont